

USPA Central Coast Open May 11-12, 2019 San Luis Obispo, CA

	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	Women Raw Powerlifting														
	60kg Jr 20-23														
1	Sarayth Velasquez	CA	60kg	57.2	22	110	52.5	117.5	280	324.016		242.5	115.7	259	617.3
	67.5kg Jr 20-23														
1	Amanda Giacobbe	CA	67.5kg	66.2	22	125	80	160	365	377.812		275.6	176.4	352.7	804.7
	75kg Jr 18-19														
1	Raiya Thomure	CA	75kg	69.9	19	92.5	57.5	152.5	302.5	301.23		203.9	126.8	336.2	666.9
	52kg Open														
1	Michelle Green	CA	52kg	51.9	26	110	60	142.5	312.5	390.156		242.5	132.3	314.2	688.9
2	Lindsay Nakamura	CA	52kg	50.3	27	67.5	45	95	207.5	265.351		148.8	99.2	209.4	457.5
	56kg Open														
1	Ita Pantilat	CA	56kg	55.6	67	100	85	137.5	322.5	381.582	588.781	220.5	187.4	303.1	711
	60kg Open														
1	Petra Stevenson Vieira	CA	60kg	58.5	31	112.5	70	147.5	330	375.243		248	154.3	325.2	727.5
2	Sandi Emrick	CA	60kg	59.7	30	99	50	132.5	281.5	315.055		218.3	110.2	292.1	620.6
3	Sarayth Velasquez	CA	60kg	57.2	22	110	52.5	117.5	280	324.016		242.5	115.7	259	617.3
	67.5kg Open														
1	Sara Jones	CA	67.5kg	67.4	51	127.5	70	147.5	345	352.487	404.302	281.1	154.3	325.2	760.6
2	Estaer Taylor	CA	67.5kg	62.9	25	102.5	52.5	137.5	292.5	314.525		226	115.7	303.1	644.8
3	Gracie Harder	CA	67.5kg	66.8	29	102.5	57.5	125	285	293.066		226	126.8	275.6	628.3
4	Aurelia Arellano	CA	67.5kg	64.5	19	102.5	55	125	282.5	298.066		226	121.3	275.6	622.8
5	Lynn Parish	CA	67.5kg	63.2	68	65	47.5	102.5	215	230.351		143.3	104.7	226	474
	75kg Open														
1	Jennifer Akridge	CA	75kg	74.9	37	145	72.5	182.5	400	380.56		319.7	159.8	402.3	881.8
2	Myra Amparo	CA	75kg	73.1	30	132.5	62.5	152.5	347.5	335.789		292.1	137.8	336.2	766.1
	82.5kg Open														
1	Sharmaine Ragadio	CA	82.5kg	82.3	41	77.5	80	137.5	295	265.825	268.483	170.9	176.4	303.1	650.4
2	Courtney Minton-Collins	CA	82.5kg	81	30	90	60	122.5	272.5	247.648		198.4	132.3	270.1	600.8
	SHW Open														
1	Amy Rodriguez	CA	SHW	110.4	29	135	60	132.5	327.5	266.061		297.6	132.3	292.1	722
	67.5kg Submaster														
1	Jacqueline Doremus	CA	67.5kg	66.8	36	125	65	132.5	322.5	331.627		275.6	143.3	292.1	711
	75kg Submaster														
1	Jennifer Akridge	CA	75kg	74.9	37	145	72.5	182.5	400	380.56		319.7	159.8	402.3	881.8

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	56kg Master 65-69														
1	Ita Pantilat	CA	56kg	55.6	67	100	85	137.5	322.5	381.582	588.781	220.5	187.4	303.1	711
	67.5kg Master 50-54														
1	Sara Jones	CA	67.5kg	67.4	51	127.5	70	147.5	345	352.487	404.302	281.1	154.3	325.2	760.6
	82.5kg Master 40-44														
1	Sharmaine Ragadio	CA	82.5kg	82.3	41	77.5	80	137.5	295	265.825	268.483	170.9	176.4	303.1	650.4
Men Raw Powerlifting															
	67.5kg Jr 16-17														
1	Jake Russell	CA	67.5kg	65.4	16	112.5	72.5	142.5	327.5	259.085		248	159.8	314.2	722
	67.5kg Jr 20-23														
1	Shaun Weber	CA	67.5kg	65.9	20	190	100	222.5	512.5	402.928		418.9	220.5	490.5	1129.9
2	David Mccullough	CA	67.5kg	66.3	20	142.5	90	170	402.5	314.876		314.2	198.4	374.8	887.4
	75kg Jr 18-19														
DQ	Lucas Young	CA	75kg	70.2	19	190	0	245	0	0		418.9	0	540.1	0
	75kg Jr 20-23														
1	Jake Mullins	CA	75kg	74.5	21	157.5	125	215	497.5	356.16		347.2	275.6	474	1096.8
2	Vijay Panchal	CA	75kg	74.7	23	170	100	210	480	343.008		374.8	220.5	463	1058.2
3	Daniel Woodley	AZ	75kg	74.2	23	130	117.5	202.5	450	323.055		286.6	259	446.4	992.1
	82.5kg Jr 20-23														
1	Mauricio Salas pena	CA	82.5kg	79.9	23	192.5	110	227.5	530	362.096		424.4	242.5	501.5	1168.4
2	Ramin Sartip	CA	82.5kg	81.5	22	182.5	107.5	227.5	517.5	349.261		402.3	237	501.5	1140.9
3	Adam Bustamante	CA	82.5kg	80.1	21	172.5	130	207.5	510	347.922		380.3	286.6	457.5	1124.3
4	Joseph Lavond	CA	82.5kg	80.6	21	147.5	95	195	437.5	297.281		325.2	209.4	429.9	964.5
	90kg Jr 18-19														
1	Howard Huang	CA	90kg	87.9	18	207.5	125	255	587.5	379.701		457.5	275.6	562.2	1295.2
	90kg Jr 20-23														
1	Ben Stanley	CA	90kg	87.2	20	170	127.5	217.5	515	334.287		374.8	281.1	479.5	1135.4
2	Rakan Richardson	CA	90kg	90	22	187.5	95	212.5	495	316.008		413.4	209.4	468.5	1091.3
	100kg Jr 20-23														
1	Thomas Li	NJ	100kg	95.5	21	200	150	260	610	378.566		440.9	330.7	573.2	1344.8
2	Ben Grabowski	CA	100kg	98.3	20	215	135	235	585	358.547		474	297.6	518.1	1289.7
3	Jason Patague	CA	100kg	97.6	23	182.5	137.5	252.5	572.5	351.916		402.3	303.1	556.7	1262.1
4	Michael Wu	CA	100kg	90.7	20	170	110	190	470	298.873		374.8	242.5	418.9	1036.2
5	Jared Smith	CA	100kg	98.5	23	177.5	105	177.5	460	281.658		391.3	231.5	391.3	1014.1

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	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	110kg Jr 20-23														
1	Daniel Freeman	CA	110kg	109.1	20	145	110	200	455	268.45		319.7	242.5	440.9	1003.1
	67.5kg Open														
1	Mark Lazo	CA	67.5kg	66.3	39	132.5	85	190	407.5	318.787		292.1	187.4	418.9	898.4
	75kg Open														
1	Danny Cox III	CA	75kg	74.8	29	182.5	130	260	572.5	408.708		402.3	286.6	573.2	1262.1
2	Anson Nguyen	CA	75kg	74.8	26	165	137.5	180	482.5	344.457		363.8	303.1	396.8	1063.7
3	Vijay Panchal	CA	75kg	74.7	23	170	100	210	480	343.008		374.8	220.5	463	1058.2
4	Eric Huynh	CA	75kg	73.7	29	150	105	202.5	457.5	330.041		330.7	231.5	446.4	1008.6
5	Daniel Woodley	AZ	75kg	74.2	23	130	117.5	202.5	450	323.055		286.6	259	446.4	992.1
DQ	Lucas Young	CA	75kg	70.2	19	190	0	245	0	0		418.9	0	540.1	0
	82.5kg Open														
1	Uriel Tapia	CA	82.5kg	80.8	24	210	145	252.5	607.5	412.189		463	319.7	556.7	1339.3
2	Mauricio Salas pena	CA	82.5kg	79.9	23	192.5	110	227.5	530	362.096		424.4	242.5	501.5	1168.4
3	Alberto Romo	CA	82.5kg	77.9	27	140	110	170	420	291.69		308.6	242.5	374.8	925.9
	90kg Open														
1	Jordan Feigenbaum	CA	90kg	89.5	35	262.5	192.5	317.5	772.5	494.555		578.7	424.4	700	1703.1
2	Tim Hartley	CA	90kg	89.5	30	227.5	145	265	637.5	408.128		501.5	319.7	584.2	1405.4
3	Cody Duca	CA	90kg	88.2	31	212.5	170	250	632.5	408.026		468.5	374.8	551.2	1394.4
4	Devin Cosgrove	CA	90kg	87.8	30	185	137.5	227.5	550	355.685		407.9	303.1	501.5	1212.5
5	Ben Stanley	CA	90kg	87.2	20	170	127.5	217.5	515	334.287		374.8	281.1	479.5	1135.4
6	Danny Cox Jr.	CA	90kg	85	55	125	100	170	395	260.029	318.535	275.6	220.5	374.8	870.8
DQ	James Price	CA	90kg	86.7	29	182.5	125	0	0	0		402.3	275.6	0	0
	100kg Open														
1	Chris Estrada	CA	100kg	97.1	24	190	160	262.5	612.5	377.361		418.9	352.7	578.7	1350.3
2	Victor Martinez	CA	100kg	99.8	24	205	160	227.5	592.5	360.892		451.9	352.7	501.5	1306.2
3	Ferdinand Luis	CA	100kg	97.8	32	230	135	220	585	359.307		507.1	297.6	485	1289.7
4	Jason Patague	CA	100kg	97.6	23	182.5	137.5	252.5	572.5	351.916		402.3	303.1	556.7	1262.1
5	Gabriel Gonzalez	CA	100kg	99.4	27	177.5	137.5	247.5	562.5	343.181		391.3	303.1	545.6	1240.1
6	Tony Roman	CA	100kg	94.7	29	177.5	120	227.5	525	327.023		391.3	264.6	501.5	1157.4
7	Vicente Flores	CA	100kg	100	25	205	100	212.5	517.5	314.951		451.9	220.5	468.5	1140.9
8	Jared Smith	CA	100kg	98.5	23	177.5	105	177.5	460	281.658		391.3	231.5	391.3	1014.1
	110kg Open														
1	Steven Hartley-Newman	CA	110kg	108.8	28	215	147.5	272.5	635	374.968		474	325.2	600.8	1399.9
2	Dylan Williams	CA	110kg	108.3	26	200	142.5	250	592.5	350.405		440.9	314.2	551.2	1306.2
3	Bradley Taylor	CA	110kg	108.9	30	137.5	115	185	437.5	258.256		303.1	253.5	407.9	964.5
DQ	Rey Hernandez	CA	110kg	109	28	192.5	150	0	0	0		424.4	330.7	0	0
	125kg Open														
1	Ryan Oushakoff	CA	125kg	117.9	18	215	155	227.5	597.5	344.997		474	341.7	501.5	1317.2

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	67.5kg Submaster														
1	Mark Lazo	CA	67.5kg	66.3	39	132.5	85	190	407.5	318.787		292.1	187.4	418.9	898.4
	90kg Master 55-59														
1	Danny Cox Jr.	CA	90kg	85	55	125	100	170	395	260.029	318.535	275.6	220.5	374.8	870.8
	100kg Master 50-54														
1	Corey Ray-Costanza	CA	100kg	92	52	177.5	130	182.5	490	309.435	360.492	391.3	286.6	402.3	1080.3
Women Classic Raw Powerlifting															
	75kg Jr 20-23														
1	Taryn Chapman	CA	75kg	72	22	117.5	77.5 4th: 80	157.5	352.5	344.04		259	170.9	347.2	777.1
Men Classic Raw Powerlifting															
	82.5kg Jr 20-23														
1	Ezekiel Dubois	CA	82.5kg	81	20	155	112.5	225	492.5	333.62		341.7	248	496	1085.8
	125kg Jr 20-23														
1	Chase Pennycuff	CA	125kg	120.9	21	255	150	250	655	375.905		562.2	330.7	551.2	1444
	100kg Open														
1	Andrew Rodriguez	CA	100kg	95.6	25	237.5	162.5	250	650	403.195		523.6	358.2	551.2	1433
	140kg Master 50-54														
1	Aaron Giannini	CA	140kg	130.6	50	180	132.5	200	512.5	289.614	327.264	396.8	292.1	440.9	1129.9
Men Single Ply Powerlifting															
	75kg Jr 20-23														
DQ	Jacob Cagliero	CA	75kg	73.6	20	207.5	0	205	0	0		457.5	0	451.9	0
	75kg Open														
DQ	Jacob Cagliero	CA	75kg	73.6	20	207.5	0	205	0	0		457.5	0	451.9	0
	90kg Open														
DQ	Peter Giannopoulos	CA	90kg	85.4	34	195	0	0	0	0		429.9	0	0	0
	125kg Open														
1	Benjamin Bradley	CA	125kg	119.8	28	142.5	130	220	492.5	283.237		314.2	286.6	485	1085.8

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	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
Men Multi Ply Powerlifting															
	100kg Open														
1	Mark Ray	CA	100kg	97.4	60	220	140	252.5	612.5	376.81	504.925	485	308.6	556.7	1350.3
	100kg Master 60-64														
1	Mark Ray	CA	100kg	97.4	60	220	140	252.5	612.5	376.81	504.925	485	308.6	556.7	1350.3
Women Raw Bench Only															
	75kg Jr 20-23														
1	Taryn Chapman	CA	75kg	72	22		77.5		77.5	75.64			170.9		170.9
							4th: 80								
	56kg Open														
1	Ita Pantilat	CA	56kg	55.6	67		85		85	100.572	155.183		187.4		187.4
	75kg Open														
1	Tonia Gonzalez	CA	75kg	73	30		77.5		77.5	74.958			170.9		170.9
	56kg Master 65-69														
1	Ita Pantilat	CA	56kg	55.6	67		85		85	100.572	155.183		187.4		187.4
Men Raw Bench Only															
	100kg Jr 20-23														
1	Matthew Dias	CA	100kg	92.3	22		167.5		167.5	105.609			369.3		369.3
	75kg Open														
1	Anson Nguyen	CA	75kg	74.8	26		137.5		137.5	98.161			303.1		303.1
	90kg Open														
1	Cody Duca	CA	90kg	88.2	31		170		170	109.667			374.8		374.8
	100kg Open														
1	Matthew Dias	CA	100kg	92.3	22		167.5		167.5	105.609			369.3		369.3
2	Andrew Rodriguez	CA	100kg	95.6	25		162.5		162.5	100.799			358.2		358.2
3	Ferdinand Luis	CA	100kg	97.8	32		135		135	82.917			297.6		297.6
	125kg Open														
DQ	Eric Banks	CA	125kg	118.2	45		0		0	0	0		0		0
	125kg Master 45-49														
DQ	Eric Banks	CA	125kg	118.2	45		0		0	0	0		0		0

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Men Single Ply Bench Only															
	75kg Jr 20-23														
DQ	Jacob Cagliero	CA	75kg	73.6	20		0		0	0			0		0
	90kg Jr 20-23														
1	Carlos Ramirez	CA	90kg	87.6	22		200		200	129.5			440.9		440.9
	75kg Open														
DQ	Jacob Cagliero	CA	75kg	73.6	20		0		0	0			0		0
	90kg Open														
1	Carlos Ramirez	CA	90kg	87.6	22		200		200	129.5			440.9		440.9
DQ	Peter Giannopoulos	CA	90kg	85.4	34		0		0	0			0		0
Women Raw Deadlift Only															
	52kg Jr 13-15														
1	Zaryah Olivera	CA	52kg	49.2	13			67.5	67.5	87.777				148.8	148.8
	75kg Jr 20-23														
1	Taryn Chapman	CA	75kg	72	22			157.5	157.5	153.72				347.2	347.2
	52kg Open														
1	Michelle Green	CA	52kg	51.9	26			142.5	142.5	177.911				314.2	314.2
Men Raw Deadlift Only															
	67.5kg Open														
1	Mark Lazo	CA	67.5kg	66.3	39			190	190	148.637				418.9	418.9
	75kg Open														
1	Anson Nguyen	CA	75kg	74.8	26			180	180	128.502				396.8	396.8
	100kg Open														
1	Andrew Rodriguez	CA	100kg	95.6	25			250	250	155.075				551.2	551.2
2	Ferdinand Luis	CA	100kg	97.8	32			220	220	135.124				485	485
	110kg Open														
DQ	Rey Hernandez	CA	110kg	109	28			0	0	0				0	0
	67.5kg Submaster														
1	Mark Lazo	CA	67.5kg	66.3	39			190	190	148.637				418.9	418.9
Women Raw Push-Pull															
	75kg Open														
1	Tonia Gonzalez	CA	75kg	73	30		77.5	147.5	225	217.62			170.9	325.2	496

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	Men Raw Push-Pull														
	75kg Open														
1	Anson Nguyen	CA	75kg	74.8	26		137.5	180	317.5	226.663			303.1	396.8	700
	100kg Open														
1	Ferdinand Luis	CA	100kg	97.8	32		135	220	355	218.041			297.6	485	782.6
	Best Lifters:														
	Men Open - Jordan Feigenbaum														
	Men Junior - Chase Pennycuff														
	Women Open - Michelle Green														
	Thank you to our referees:														
	International: Lord Elliott, Tony Rodenburg and John DeLuca														
	State: Tomas Avilez														
	Table:														
	Kat Colson and Kelly LaMantia														
	Announcer: Chuck LaMantia														